

# you're expecting.

That means you're going to be choosing a name. Looking for a pediatrician. And seeing big changes – to your body and your lifestyle.



# where do you start?

Enroll in this program designed to help you and your baby **stay healthy** during your pregnancy and in the days and weeks following your baby's birth.

## Find support early and often

- Tell us about you and your pregnancy so we can meet your needs.
- Ask us anything – your nurse is there to support you during your whole pregnancy.
- Get a pregnancy packet to learn more about having a healthy 9 months.

## Learn as much as you want

Get live support 24 hours a day, 7 days a week. Just call the number on your CIGNA ID card to:

- Talk to a nurse who can help you with everything from tips on how to handle your discomfort during pregnancy to what foods to enjoy and which to avoid; and information on delivery options, birthing classes and maternity benefits.

- Access an audio library of maternity and general health topics, including:

- morning sickness
- prenatal care
- premature deliveries
- overcoming fear of childbirth
- childproofing your home
- choosing child care
- diet, exercise and working during pregnancy

For a complete list of topics, go to the "My Health" tab on [www.myCIGNA.com](http://www.myCIGNA.com).

## Get rewarded for a good decision

When you participate and complete the program you'll be eligible to receive:

- \$150 rebate if you enroll by the end of your first trimester; or
- \$75 rebate if you enroll by the end of your second trimester.

Call **1.800.615.2906** to enroll as soon as you know you are pregnant.